



Blue H - Navy Surgeon General's Health Promotion and Wellness Award (Fleet)

NMCPHC - 10 June 2009

What is it?

- ▶ Annual award for excellence in health, wellness and fitness activities and policies in Navy workplaces
- ▶ All Navy commands are eligible
- ▶ Reporting period is the calendar year
- ▶ Three categories:
 - FLEET
 - MEDICAL
 - SEMPER FIT CENTERS
- ▶ Awarded annually
 - Basic pennant plus -
 - annual streamer in Gold-Silver-Bronze



Fleet-version criteria topics

- ▶ policy/risk assessment
- ▶ alcohol abuse prevention
- ▶ injury prevention
- ▶ Nutrition
- ▶ physical activity
- ▶ sexual health
- ▶ psychological health
- ▶ tobacco use
- ▶ weight management.

Why should Navy commands participate...?

► Measures

- Conduct of evidence-based / best practice activities
- Health status of the crew/staff
- Return on investment

► Enables TYCOM-wide and Navy-wide comparison and analysis

► Recognizes efforts and best practices

Who is involved?

- ▶ Primary point of contact
 - (often the Command Fitness Leader or additional duty health and wellness coordinator)
- ▶ Commanding Officer
- ▶ Command Health and Wellness Committee

How to participate

- ▶ Download instructions, spreadsheet and “sample CO Letter”
- ▶ All crew / staff complete web-based or stand-alone HRA at any time during the calendar year
- ▶ Score your activities, policies and HRA results on the spreadsheet
- ▶ In January of the following year:
 - Enter your scores into the on-line, Blue H web-tool
 - E-mail completed spreadsheet and CO Letter to NMCPHC

Success

► BRONZE ANCHOR:

- Every organization that submits a report will receive at least the BRONZE ANCHOR award.

► SILVER EAGLE:

- To achieve the SILVER EAGLE level award, a FLEET command must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 50% of the total available points.

► GOLD STAR:

- To achieve the GOLD STAR level award, a FLEET command must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 80% of the total available points.

Get help

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Blue H website is

[http://www-](http://www-nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx)

[nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx](http://www-nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx)

